



FREMANTLE WOMEN'S HEALTH CENTRE

Services & Resources for Women's Health & Wellbeing

Services & Developments

Autumn 2017 Newsletter

Welcome to the Autumn newsletter! It's hard to believe Summer is really at an end, particularly with the strange weather we have had.

Staff Changes

After nearly seven years in the part-time Clinical Nurse position, Selena Geyer has left to take up a full time position at a new GP practice in Fremantle. We wish her all the very best for the future.

We have recruited a new Clinical Nurse and have great pleasure in welcoming Fran Fazioli to the position. She commenced on 27 Febru-



ary and will work Tuesdays and Wednesdays. Fran has ten years nursing experience, working in a variety of settings in Perth and overseas. She continues to work for The Street Doctor, providing nursing services to vulnerable groups of individuals. As well as being a registered nurse, she has a Certificate in Sexual and Reproductive Health and is a Pap smear provider. She also has a Masters in Public Health.

July—December 2016 Statistics

FWHC continues to be busy providing medical, nursing and counselling services and a program of groups, workshops, health promotion presentations and events. The statistics for the July– December 2016 period give an indication of that:

Medical

848 clients, 1421 appointments

Nursing

467 clients, 519 appointments

Health Information

At doctors & nurses appointments & walk-ins
Nurses telephone service—732 requests

Counselling

141 clients, 524 sessions (face-to-face & phone)

Group Program

21 groups, health promotion events and presentations, 168 sessions

New initiatives in the group program included:

- Circle of Security Parenting Group provided in partnership with SJOG Raphael Services
- Bowen Therapy sessions
- Health and Wellness workshop
- Mother Baby Nurture group a partnership with PlayGroup WA
- Presentations at Santa Maria College
- A stall at the Fremantle White Ribbon Day event

Crèche

Provided places for 70 pre-school children so that mothers could attend appointments, participate in groups and activities at our annual Fremantle Women's Health & Wellbeing Day event

Health Promotion

Carine, our Health Promotion Officer, has been busy planning our health promotion program for 2017, and organising and contributing to various health promotion events in the beginning of this year.

In late February and early March, FWHC had stalls at Notre Dame and Murdoch Universities as part of their student orientation days. We provided information on our services and on a range of health issues relevant to young women students. This year we had a focus on anxiety which is increasingly an issue of concern for young women.

We have recently engaged Lucy Harris as our Youth Ambassador. It is terrific to have her on board and assisting us to promote our services to young women. She helped out on the stalls and it was great to have a young face that the students could relate to.

As always we will be celebrating International Women's Day at our premises (see flyer below). This year, as well as the food and entertainment, we will be hearing about one woman's story of strength and hope after experiencing domestic violence.

Carine has been assisting in the organising of the Cockburn Community Health & Harmony Fair (see flyer below) to be held on 21 March. FWHC will have a stall along with other organisations providing services in the Cockburn area and based at the Cockburn Health and Community facility. If you live in that area it is worth a visit to obtain health information, familiarize yourself with the services available and to celebrate multiculturalism.

As other events are organised we will keep you informed by email and through our Facebook page on our website.

Upcoming Events



When Wednesday 8th March 2017
10am-12pm
Where Fremantle Women's Health Centre
114 South Street Fremantle

Join us for a FREE morning tea
Listen to Diane van Santen, share her story of strength and hope
after experiencing domestic violence
Enjoy live entertainment, The Joys of the Women Italian Choir

RSVP essential, numbers limited. Email healthpromotion@fwhc.org.au or
Phone 9431 0500 by 6th March

114 South Street Fremantle

PH 08 9431 0500



beactivecockburn.com.au | 9411 3444

Accessible event,
contact us for details

Health Information

Anxiety – a big worry for women

Anxiety affects over 2 million people aged 16-85 years, with the majority being women. While depression affects one in five women, anxiety is more widespread with one in three women experiencing anxiety at some time in their life.

Anxiety is a normal emotion that helps us to focus and even alerts and protects us from imminent danger. It may be experienced as feeling nervous, apprehensive, distressed or a feeling that something bad is about to happen. Feeling anxious does not necessarily mean you have an anxiety disorder. It is when feelings of anxiety become excessive, irrational or interfere in daily life that they become a problem.

Types of anxiety

There are different types of anxiety and those suffering from anxiety may experience more than one type at a time.

Generalised anxiety disorder: feeling anxious and worried about daily situations. These feelings are usually out of proportion to the circumstances concerned.

Phobias: a specific fear of something like spiders or even social situations where you may be embarrassed or feel you are being judged.

Panic disorder: frequent and unexpected panic attacks that usually last a few minutes, but can be so intense that it feels like something is really wrong, like you might be about to have a heart attack.

Obsessive compulsive disorder (OCD): having intrusive, repeated thoughts (such as thinking there are germs everywhere) and trying to make these thoughts go away by performing certain behaviours (compulsions such as repeated hand washing).

Post-traumatic stress disorder: experiencing significant anxiety after a traumatic or distressing event. People with PTSD tend to re-live and avoid reminders of the event. Common traumas include car accidents, natural disasters and being diagnosed with a life-threatening illness.

While anxiety can happen at any time, there are times in a woman's life when she may be more likely to experience anxiety. Major life events such as difficulty getting pregnant, being a new mother, menopause and managing a chronic illness can be times of higher anxiety for women.

The effects of anxiety can be physical such as a racing heart, sweaty hands, sleeplessness or fast breathing or it could be emotional such as difficulty concentrating, feeling panicky or overwhelmed. It's important to get help if your anxieties interfere in your daily life and cause significant emotional and physical distress. The good news is there is a lot you can do to help with anxiety.

10 practical tips to help with anxiety

- Focus on the present moment
- Take deep breaths
- Find out what you can control
- Ask yourself: will this matter in a week? A month? A year?
- Listen to music you like
- Take some time out
- Laugh
- Go outside and take a break for a few minutes
- Visit your GP
- Speak to a registered psychologist

Find out more

[Anxiety: Learn, Think, Do](http://jeanhailes.org.au) is an online 'hub' designed to help women learn about worry and anxiety, think about the anxieties they have, and offers practical ways to manage and live with anxiety. A self-assessment tool can help to identify levels of worry and anxiety and an online toolkit offers a variety of practical options to help deal with worries and anxieties.

For more information on anxiety across the whole of women's lives visit anxiety.jeanhailes.org.au

FWHC Services

General Counselling

Individual counselling is available for women experiencing difficulties across a wide range of issues, including: stress and anxiety; depression; bereavement and loss; trauma; relationships; domestic violence; parenting concerns; low self-esteem and much more ...

Perinatal Counselling

The centre provides individual counselling for women experiencing antenatal and postnatal depression, anxiety and / or stress.

Counsellors are available Monday - Friday by appointment.

Medical Services

Female doctors are available by appointment Monday—Friday for a range of women's health issues.

Nursing Services

Nurses are available Monday-Thursday for well-women checks before doctors' appointments, by appointment for Pap smears, and for walk-in STI (sexually transmitted infection) screening. For the screening service no appointment is needed and it is available Monday-Thursday 9am - 3pm.

Health information is available at appointments, by dropping into the Centre to collect brochures, or from the nurses by phone.

Crèche

Child minding is available Wednesday morning for the postnatal support group and Thursday mornings for appointments. Bookings are required.

Other Services at FWHC

Continence Advice

A continence nurse is available on Mondays to advise on how to manage and improve symptoms of incontinence. This is a free service provided by Silver Chain to women on pension and health care cards who have had symptoms for six months or more. Phone 1300 787 055 for an appointment.

Counselling for Carers

Counselling for carers is available on Tuesdays on a fortnightly basis. This is provided by Carers WA. To make an appointment phone 1800 007 332.

Ongoing FWHC Groups

Postnatal Support Group
Wednesday 10 - 12 noon

Over Eaters/Anonymous
Wednesday 7.30 pm

Portuguese Women's Group
Thursday 2.00 - 4.00 pm

Wise Women Exercise
Thursdays 2.00 - 3.00 pm

Massage Courses & Workshops
Various days & times

**To access services an annual
FWHC Support Fee
is required:**

**\$30 full fee
\$15 concession**

Roast Balsamic Beetroot & Onion



Serves

6 (as accompaniment)

- Prep time: 3 minutes
- Cooking time: 1 hour

Ingredients

- 6 small beetroot, scrubbed & cut into quarters
- 4 small red onions, base intact, cut into quarters
- 2 tablespoons balsamic vinegar
- zest and juice ½ orange
- 1 tablespoon brown sugar (optional)
- 2 tablespoons olive oil
- 1 tablespoon thyme
- ground black pepper
- sea salt flakes
- parsley
- ½ cup flat-leaf parsley, roughly chopped

Method

1. Preheat oven to 180°C.
2. Cut beetroot and red onions into quarters.
3. Combine vinegar, juice, zest, oil, thyme and pepper. Toss through with beetroot and onion in a baking dish.
4. Bake for about one hour.
5. Remove from oven and sprinkle with parsley and drizzle with olive oil. Season with salt and pepper.

Julie Goodwin recipe